



# Elite Fitness taekwondo

www.EFTKD.com ~ taekwondowoodbury@eftkd.com ~ (949)387-9888

Basic - Children	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>3 - 5.5 years</b> White, Orange, Yellow	3:30-4 or 5:45-6:15	5-5:30	3:30-4	5-5:30	9:30-10am
<b>5.5 - 12 years</b> White, Orange, Yellow	4:10-4:50	5:45-6:25	4:10-4:50 or 5:50-6:30	5:45-6:25	10:10-10:50am

BBC- Children	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yellow, Low Green & High Green	5:00 - 5:40	3:30 - 4:10	6:35 - 7:15 <i>Sparring</i>	4:15 - 4:55 <i>Sparring</i>	3:30-4:10 <i>Weapons</i>	10:10-10:50am
Purple Belts	5:00 - 5:40	3:30 - 4:10	6:35 - 7:15 <i>Sparring</i>	4:15 - 4:55 <i>Sparring</i>	3:30-4:10 <i>Weapons</i>	11:00-11:40am
Blue thru Red/Black	6:30 - 7:10	4:15 - 4:55	4:55 - 5:35 <i>Sparring</i>	3:30 - 4:10 <i>Sparring</i>	4:15-4:55 <i>Weapons</i>	11:00-11:40am
Red/Black - Friday <i>Test Prep &amp; Weapons</i>					5-5:30pm	

Black Belts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1st Degree ONLY		6:30-7:10	7:20-8:00 <i>Sparring</i>			11:45-12:25pm
All Black Belts	7:15-7:55			6:30-7:10 <i>Sparring</i>		11:45-12:25pm
Friday Black belt prep class time will be according to what you are testing for next. Bring your weapons to class.						
BB Test Prep/ Weapons (Fri.)	Friday 5:45-6:25 Black Belt Forms, One Steps, Kicking			Friday 6:30-7:10 Self Defense, Board Break, Color Belt Forms		

Adults/Teens(12+)	Tuesday	Thursday	Friday	Saturday
All Belts (12+ - adult)	7:15-7:55	7:15-7:55 <i>(Sparring)</i>	7:15-7:55	11:45-12:25pm

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